

# Fort Riley Community



In Step on Channel 2

6:30 a.m. .... In Step  
8 a.m. .... In Step  
Noon .... In Step  
6 p.m. .... In Step  
10 p.m. .... In Step

April 25, 2003

America's Warfighting Center

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## Programs teach students to make positive choices

By Kim Levine  
Staff Writer

Summer is just around the corner, and schools will be closing. But Geary County USD 475, Fort Riley's school district, is still encouraging kids to make positive choices, said Larry Dixon, assistant superintendent for student services and alternative programs.

Dixon said creating programs specifically to combat drugs and alcohol is almost impossible, but the school district focuses year-round on helping children to make good decisions.

"Because we focus on things like self-esteem, we are constantly combating negative influences," he said.

During the school year, the school system has two programs for combating drug and alcohol use. The school district, Fort Riley military police and the Junction City Police Department work together on these programs.

Drug Abuse Resistance and Education (DARE) is designed to educate elementary students in 1st, 3rd and 5th grades about drugs and alcohol, their effects and how to avoid pressure relating to negative influences. The 17-week program brings a military police officer or a city police officer into the classroom to work with and teach the students.

Gang Resistance Education and Training (GREAT) is the same type of program, said Dixon, but it is taught at the middle school level.

Both programs are national

programs that have been a part of USD 475 for several years. Dixon said the programs get very positive responses, and have a good effect on children.

GREAT summer camps will be held at Fort Riley Middle School for 5th graders who will be 6th graders during the next school year, and up to 8th graders. The camps, being held June 16-20 and June 23-27, will expose students to Army life, said Dixon.

"The kids will go different places like the skating rink and bowling alley, but also to the simulators on post," said Dixon. "They get to learn what their fathers and mothers do, and explore all the different things on post."

Dixon also stressed the importance of keeping kids active and involved in school activities.

"Academic programs and extracurricular activities help kids to stay connected," said Dixon. "Athletics, music, debate and all the things we do help kids to make positive choices. Everything we do in our school setting is designed to combat drugs and alcohol."

Summer camps are offered for many of the athletic activities, said Dixon.

"If students are members of programs, they know the coaches and teachers have expectations of them, not just during the school year, but year-round," he said.

"This helps to encourage students to make good decisions."

Between 60 to 70 percent of

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## Marriage rates rise with deployments

By Kim Levine  
Staff Writer

When deployments start, often times marriages follow. More weddings occur as a result of soldiers being deployed, said Chap. (Capt.) Mark Nakazono, 1st Battalion, 13th Armor.

Nakazono said he has performed several ceremonies since his unit received orders to deploy. In comparison, Nakazono has been with the unit since September 2002, and these were the first ceremonies he had performed.

"I know that another chaplain has performed at least four weddings in the weeks before his unit deployed," said Nakazono.

Couples who have been married since deployments began, typically already have plans to be married either this summer or in the future, and just move their wedding up, he added. However one couple he married did get engaged just days before the ceremony.

So why do couples decide to get married right before one of them deploys? Reasons vary, said Nakazono. Soldiers may want to ensure that their loved ones are taken care of while they are away. Military spouses, being ID card holders, receive Army benefits that fiancées do not.

However, fiancées, girlfriends and boyfriends can be included on the Family Readiness Group's list to receive information about the unit while they are deployed, at the soldier's request, said Pearl Speer, family program manager, Army Community Services.

Some couples may just want the connection though that husbands and wives have, said Nakazono.

"I have found the couples and their relationships to be solid, relationships that have been established for some time and the couples know each other closely," he said.

However, even with a close relationship, couples should weigh their decision carefully, said Chap. (Maj.) James Paulson, Family Life chaplain. He said he advises couples to take time to get to know each other and make sure the marriage is based on a proper foundation.

"Making a life-long decision in haste can be risky," said Paulson. "Make certain you have taken enough time to make a good decision before getting married."

Couples being married on post using a chaplain or a chapel facility are required to attend a pre-marital class at Family Life Ministries. Nakazono said they also need a marriage license, and they will meet with him or the chaplain performing the ceremony to discuss individual issues, such as family and faith backgrounds, practical examples of living Army values and a military life, and other personal issues such as children, finances and housework.

The pre-marital classes are taught by Paulson, and use research-based material to examine marriages that last and those that do not.

"The purpose of the session is to make certain the couple is ready for a life-long decision. It is largely driven by the high divorce rate in our society," said Paulson. "It's an attempt to slow things down and make sure both people are considering all the things that need consideration."

The class looks at communication issues, roles of husbands and wives, expectations each have and how to handle conflict, which Paulson said is the "poison that kills the plant." The class also gives ways to handle conflict. Couples discuss friendship, sexuality and the common needs of men and women, which are significantly different.

"Couples are given the chance to use the speaker-listener technique, which is very important," said Paulson. "The class will help couples to avoid pitfalls that others have fallen into, and will give them proven ways to make their relationship better."

The classes are usually offered the first Friday of every month at the Family Life Ministry Center. Paulson said class size has increased significantly since deployments started. Couples get a certificate after completion to take with them to the chapel.

To sign up for the course, call Family Life Ministries, 239-3436. Paulson said he recommends that the couple attend together.

Once married, Nakazono said couples need to take care of all the administrative issues before the deployment. They should get ID cards for the spouse, update all personal records, provide the FRG leader with the new information and update financial records so the spouse has access to pertinent information.

Couples considering marriage before deployment should contact their unit chaplain.



Two soldiers just after their recent marriage ceremony in Junction City.

Post-Watson

## American Red Cross honors volunteer for outstanding service

By Michael Watson  
Staff writer

The Clara Barton Award is a national honor given to an American Red Cross volunteer for outstanding service, according to Kelly Sutton, Fort Riley station manager.

One of this year's outstanding volunteers is Rachelle Boslego, who was nominated for her dedication to humanitarian

efforts, said Sutton.

The award is not given to just anyone, she said. It is given with much thought and dedication, and only three other people at the Fort Riley Red Cross have received the prestigious award.

"Rachelle was nominated for the award because she has been a faithful and dedicated Red Cross volunteer for a few years now," Sutton said.

"Whenever a special project came up, she volunteered to help before anyone ever

had to ask. She has faithfully done her job, plus other tasks, for over three years."

Boslego is the public relations chairman at the local station, but she does much more than write the monthly newsletter, Sutton said. "She will do anything to help people, and she always does it with a smile on her face."

In addition to being the public relations chairman, Boslego works part-time in the Saint Xavier Catholic School library and is president of the Fort Riley

Historical and Archaeological Society.

Boslego said she probably volunteers 10 hours each week.

"I'm known as the person who can't say no to volunteering," she said. "I put my whole self into this post, so I was very pleased and appreciative when I received this award."

It was presented at the American Red Cross volunteer meeting on April 14, and Boslego said she was surprised and did not expect the award at all.

Col. Jay Simpson, garrison commander, Fort Riley, was at the volunteer meeting to present her with a garrison coin for her efforts. He said he appreciates what she and other volunteers do for the community.

"This is a great award," Simpson said. "We appreciate you, and I say we, because I will speak on behalf of all of Fort Riley. Being a volunteer takes time, and time is very valuable. Thank you for your efforts."

## Computers enhance learning at post Child Development Center



CDC/Ohmacht

Jayden Allen, 4, and Jordyn Anderson, 3, use the touch screen feature at a computer learning center installed recently at the Child Development Center.

By Vicki Ohmacht  
CDC

"If you want to do something, push one of these, but not now, because they say it isn't over," the computer operator explained.

"How did you do that?" a second operator asked.

"I touched the screen here," the first operator said, giggling as the monitor showed a camel chatting with a cat in a crazy cowboy costume.

These computer "operators" are 4-year-old Alec Bowden and 5-year-old Colin Powell. Alec and Colin are two of more than 160 children now being introduced to 21st century computer technology, thanks to the Child Development Center.

Computer learning centers

were installed in the four preschool rooms recently to enhance curriculum and allow children another way to explore their world, according to Nikki Crisman, CDC director.

"Being exposed to computers at the preschool level is great, because it means the children will be one step closer to being ready for kindergarten," Crisman said.

"Introducing the computers to the children is very rewarding to me because the parents are excited to see their children explore comput-

er technology. The children seem to feel grown up and extra important when they are using them."

The learning centers include educational software programs that are pre-installed to the hard drive. They also offer a child-sized optical mouse and a color touch monitor as an added bonus for the youngest preschoolers.

"The touch screen feature is appropriate for young children who have not developed fine motor skills or for children with special needs. It is our belief that young children can be immediately successful, regardless of their age or skill development the first time they use a touch screen computer," said Sara Morrison, vice-president, Strategic Development at HATCH Technology and Toys.

"When used appropriately, computers can enhance a young child's development in all other learning areas and are thus useful cross-curricular tools," Morrison said.

"In other words, computer centers are just one of many centers in the classroom, and a child's computer time is supported by other developmentally appropriate activities," she said.

"Computers empower young children. They enable them to become totally immersed in the joys of learning," said Carole

Hoffman, training and curriculum specialist at the CDC. "Computers can help young children develop problem-solving skills. In addition to the software learning, the children are learning about turn-taking, working with their peers and cooperation, which are all skills necessary for success later in life."

Tina Lindquist, a parent at the CDC, agrees. Her daughter, Katie, uses the computer at home as well as in the part-day preschool module.

"Katie talks about the center computers at home. She will tell me 'I got to do these on the computer today, aren't they neat?'" said Lindquist. "This is how my daughter learned her ABCs. They are playing with these games and they don't even realize they are learning."

"It has been great for developing their hand-eye coordination," said Gail Bias, lead education technician for Module 5. "I've also noticed more alphabet awareness with recognizing letters, their names and words around the room. A lot of the parents have been sitting down with their children, working with them on the computers. It's a great way to draw parents back into the classroom to see what is happening with the program, too."

## Volunteers, spouses to be honored

By Kim Levine  
Staff Writer

Volunteer Appreciation Week is set for April 28 - May 2 to recognize Fort Riley volunteers and military spouses.

Instead of holding a separate Military Spouse Appreciation Day, Betsy Young, installation volunteer coordinator, said they are combining the two events, giving military spouses a week of recognition instead of just a day.

"Military spouses are Army volunteers as well," said Young. "We are combining the week because they are doing so much."

Volunteers will receive coupon books, and the spouses will receive items that say "Thank you" for their services, said Young.

A Volunteer Recognition Ceremony will kick off the week Monday at 7 p.m., at Barlow Theater. Volunteers recognized by 23 units and 15 organizations as Volunteers of the Year, along with their

families and all community mayors, have been invited to the ceremony, said Young.

Brig. Gen. Frank Helmick, commanding general, 24th Infantry Division (Mech) and Fort Riley, will give remarks at the ceremony. Col. Jay Simpson, garrison commander; Command Sgt. Maj. Richard Hearron, command sergeant major, 24th Inf. Div. (Mech) and Fort Riley; Melissa Helmick and Barbara Hearron will assist Helmick with the presentation of awards.

The community mayors will receive a framed certificate, an engraved medallion, a coupon book and a flower.

The organization and unit Volunteers of the Year will receive a framed certificate, an engraved medallion, a parking pass for special parking around post and a flower.

The installation Volunteer of the Year will also be announced at the ceremony. A committee made up of different people within the Army community chose one per-

son from the unit and organization volunteers, said Young.

The Volunteer of the Year will be presented with a framed certificate, engraved medallion, parking pass, bouquet of flowers and other special gifts. Several area businesses will present the volunteer with savings bonds and a certificate for use of a car for one month.

The installation Volunteer of the Year will also present a check on behalf of all 2002 Fort Riley volunteers to Helmick. The check represents the \$1.5 million the volunteers saved Fort Riley with their services, said Young.

At the end of the ceremony, refreshments will be provided for the volunteers and their families.

"This ceremony gives a chance for the Fort Riley community to say thank you to very special volunteers," said Young.

Other events throughout the week include Commissary Day, movie night and Post Exchange Day.



The DCA, MWR and a local fast food restaurant teamed up on Saturday for the annual Easter Egg Hunt and Carnival. Children hunted for eggs filled with candy and tickets that were traded in for prizes.

### Pre-Retirement Orientation

The semi-annual Pre-Retirement Orientation will be conducted May 9, 8 a.m. - 4 p.m., with registration starting at 7:30 a.m. at Barlow Theater, building 7866. The orientation is for individuals who have submitted their request for retirement, however, any soldier contemplating retirement in the near future is welcome to attend. The purpose of this orientation is to receive information concerning rights, benefits and responsibilities in conjunction with retirement. Soldiers who are eligible for early retirement (for medical reasons) should also attend. Spouses of retiring personnel and prospective retirees are invited and encouraged to attend. This orientation is a requirement in accordance with AR 600-8-7 and soldiers may attend as many times as they wish. For further information, call 239-3320 or 239-3667.

## Programs

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high-school students in USD 475 are involved in extracurricular activities, said Dixon.

"Keeping kids active and involved with supervision is the best program you could have for resistance of drugs and alcohol," declared Dixon.

During the summer, Dixon said the school district also counts on

the community to keep kids on track.

"We encourage community groups, like the youth centers, to provide programs for kids during the summer," said Dixon. "We keep really close relations with organizations that deal with youth and drugs and alcohol."

But the most important issue,

according to Dixon, is helping and encouraging kids to make positive choices throughout the year.

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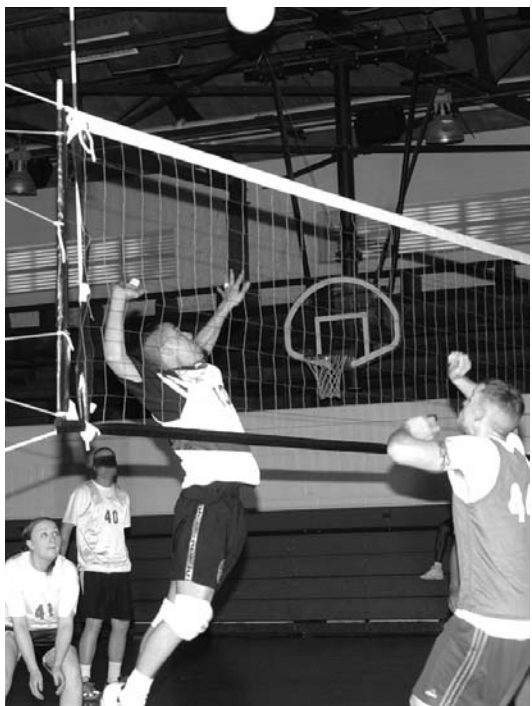
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# Fort Riley Sports

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Luis Ortiz, 101st Forward Support Battalion, goes up to attempt to spike the ball during a league volleyball game against Medical Activity April 17 at King Field House. The 101st FSB team won both games that night, 25-10 and 25-19.

## Summer activities, camps available to keep kids active

By Michael Watson  
Staff writer

Activities are available to keep children busy during summertime months.

Child and Youth Services and the American Red Cross are two organizations with these programs, and registration dates are coming soon.

"Children wanting to enroll in programs, from dance camps to playing baseball, should be looking at the schedule now," said Kay Forman, school liaison officer.

"Parents need to enroll their kids as soon as possible, because we are expecting some of the classes and activities to fill up pretty fast, and it is first come, first served," she said. "There is quite a demand for these activities."

Baseball, softball, and T-ball will be registering soon. Children wanting to get on a team should register between April 21 and May 2, 1 - 5 p.m., in the Central Enrollment Registry office, building 6620. The regular cost is \$30

for the first child, \$24 for a second child and \$18 for the third child. However, there is an "Early Bird Special" discounted price of \$25 for the first child, \$20 for the second child, and \$15 for the third child, for those who sign their children up during the first week of registration.

There are also summer dance camps, gymnastics and tumbling clinics and cheerleading clinics scheduled. Enrollment is May 5 - 21 at the Central Enrollment Registry office. Call 239-4847 for an appointment to enroll. Piano and martial arts classes also run on a continuing basis throughout the summer.

"Parents have already been calling to get information about summer programs," Forman said. "Deployments may reduce the number of children getting involved in summer programs, but we won't know until enrollment is over," she said. "Even with a smaller population, the activities will still probably fill up."

Teens can enroll in any of the above programs, and they are also

invited to attend the full range of activities planned for them at the Teen Center, building 5800. The Teen Center will also have activities centered around 4-H and Boys and Girls Club curriculum. The 4-H County Fair is always a highlight of the summer 4-H program.

Swimming, bowling and trips to the larger cities in Kansas, as well as entertainment or recreational areas, are also planned. These activities will be advertised in the DCA Summer Guide.

For teenagers, the American Red Cross has summer youth volunteer activities that will also be registering soon. Station manager Kelly Sutton said the programs could be a fun way for children, ages 13 and up, to fulfill their community service hours for school.

Locations that have used volunteers in past summers are Irwin Army Community Hospital, the Thrift Shop and Custer Hill Golf Course.

Applications should be picked up after May 1, and orientation is June 3, 8:30 a.m. to noon.

## Army dominates championships

By Tim Hipps  
Army News Service

MOUNTAIN HOME, Idaho — The All-Army freestyle team won six of seven gold medals April 13 to punctuate soldiers' domination of the 2003 Armed Forces Wrestling Championships.

Members of the Army World Class Athlete Program also won three gold medals April 12 in Greco-Roman competition en route to grappling team titles in both wrestling disciplines from the U.S. Marine Corps, Navy and host Air Force.

Spc. Oscar Wood, who won the 66-kilogram freestyle division and finished runner-up to Air Force Staff Sgt. Steve Woods in Greco-Roman at the same weight, was the only soldier to compete in both categories.

Almost all the freestyle fun and excitement came from Army's side of the mat as 1st Lt. Eric Albarracin, Sgt. Jason Kutz, Spc. Max Shingara, Sgt. Charles Daniels, Spc. Franklin Lashley and 2nd Lt. Dominic Black won their weight classes.

Marine Lance Cpl. Jacob Clark prevented Army's freestyle sweep by winning the 84-kilogram title

as Army Sgt. Charles Daniels settled for silver.

With the exception of the Marines' conquest in 2001, the All-Army team has won the Armed Forces Championships every year since 1989, and it was their strongest freestyle tournament that anyone could remember.

Heavyweight world champion Sgt. Dremiel Byers, 28, of Kings Mountain, N.C., won one of three gold medals for the Army in Greco-Roman competition. And two-time national champion Glenn Nieradka won his sixth Armed Forces title at 60 kilos.

## Pentagon warns -- Flea, tick collars not for use on humans

By Doug Sample  
American Forces Press Service

The Pentagon is, once again, advising service members that flea and tick collars work great on pets, but not on humans.

And officials at the Armed Forces Pest Management Board said good-intentioned citizens and family members should not include the collars in care packages to troops.

Responding to reports that persons as well as organizations are sending pet collars to troops in Iraq and Afghanistan, Army Maj. Dwight Rickard, contingency liaison officer for the board, said an

AFPMB memorandum issued in early April warns of the dangers involved.

"The fact that some organizations with good intentions were doing this concerned us," Rickard said. "But the fact is that flea and tick collars are not approved for humans and in fact are quite detrimental to the skin. Our skin is different from that of dogs, and the pesticides tend to burn our skin," he explained.

There is also potential to absorb pesticides into the skin, which "as you can imagine, is not healthy," he added.

Flea and tick collars contain the pesticides organophosphates, carbamates, pyrethroids and organochloride. The EPA

states these chemicals may produce adverse effects and they have not been tested for human use.

Back in September 1990, the Army's Health Services Command had released a message warning that prolonged exposure to the collars could produce toxic effects in humans. Shortly thereafter, post and base exchange stores put up signs to warn of the dangers.

In 1999, the Rand Corp., a research firm, surveyed thousands of Persian Gulf War veterans on their use of pesticides in that war as the Defense Department searched for possible links to illnesses in Gulf War veterans. The survey did not

provide definite evidence of a link to Gulf War illness, but a number of veterans had reported using pet flea and tick collars to protect themselves against insects.

From the survey data, about 3 percent of Army and Marine Corps/Naval personnel and about 1 percent of Air Force personnel among the almost 470,000 serving in the Gulf are estimated to have used animal flea and tick collars. The survey stated that most veterans who used flea collars wore them over their clothes or shoes, which helped minimize exposure to the active ingredient.

However, Rickard said the best way to

protect against fleas and ticks is to use measures found in AFPMB Technical Guide-36, entitled "Personal Protective Measures Against Insects." The guide describes DoD's insect repellent system and other techniques to ward off flea, tick and chigger attack.

Rickard emphasized that the collars work very well on dogs, but hardly at all on humans. "If you put them on a human, the flea and ticks will go on the collar, but they will go everywhere else," he said.

To learn more about the DoD insect repellent system, visit the pest management board's Web site at [www.afpmb.org](http://www.afpmb.org)

## Mushroom hunters can find morels on post

By Gibran Suleiman  
DES Wildlife Biologist

With the long awaited arrival of spring, often come dreams of monster spring gobbiers, stringers full of crappie and sacks full of morel mushrooms.

Although many people are unfamiliar with the art of mushroom hunting, morel hunting has quite a following. The morel, genus *Morchella*, is a highly sought-after fungus, due to its exquisite taste. Many will argue there is no other mushroom that can beat it. In fact, many restaurants will pay top dollar to mushroom hunters to be able to run a dinner special featuring morels. For a week or two this spring, the woodlands on post will have thousands of morels emerge from the earth. For those who are intrigued, but don't know much about this tasty fungus, read on.

Starting with the basics; it is crucially important that you know what you're doing before you eat any kind of wild fungus. While there are many edible mushrooms that grow in Kansas, many are

toxic to ingest and can even kill you. According to the 1999 Annual Report of the North American Mycological Association Mushroom Poisoning Case Registry, there were 105 human cases of mushroom poisonings reported

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that year. Two of those were fatal! It is always recommended that when eating a wild mushroom to first take a small nibble and to wait 24 hours before consuming more. There is an old saying amongst mushroom collectors that says: "There are old mushroom hunters and there are bold mushroom hunters, but there are no old, bold mushroom hunters."

The best way for a mushroom neophyte to get started is to go out with someone who has a lot of experience looking for morels. Not only will they teach you how to identify mushrooms, but they might also give you some helpful hints on finding morels. There are also many field guides on mushrooms available. One good book for this region is: A Guide to

Kansas Mushrooms.

There are no set rules to follow when looking for morels, since they show up in many places. However, timing is very important when looking for morels.

They typically emerge in

Kansas in April or early May. You should start to look after the first good rain, with the temperature staying above the 50 degree mark. Morels are easiest to find the day after a rain. Every seasoned mushroom hunter has his or her own theories on where to search for morels. A good start for beginners would be to look for morels around dead elm trees or cottonwoods along creeks or rivers. But keep in mind that they can be found growing almost anywhere. Sometimes you might find a lone morel, where has other times you might find dozens upon dozens.

You do not need any permits to collect morels on Fort Riley. You do, however, need to make sure any area you access is open for non-consumptive use and you

have a natural resources vehicle maker (available at building 1020) on the dashboard of your vehicle. The DES open area hotline phone number is (785) 239-6669.

Morels can be prepared a number of ways. To prepare, they should always be washed well and cooked. One of the simplest ways is to sauté them in butter and add a little bit of seasoning. Many people prefer to bread them, while others will stuff them. Whichever way you decide to prepare them, it is wise not to over-indulge. Even though the morel is not toxic, like many things, it can make you sick if you eat too much.

Hunting for morel mushrooms is a favorite pastime for many of those who have tried it. Even if you don't find many, being out, tromping through the woods in springtime can be reward enough. Like with all outdoor activities you embark on, please make an effort to take a young person along on your adventures.

If you have any questions on morels or any other type of outdoor recreation, call DES Conservation Division, 239-6211.

## Soldier, families invited to Spring game

By Michael Watson  
Staff Writer

K-State football fans might have questions about this year's team. Who will replace Terrence Newman at defensive back? Who will replace Terry Pierce at linebacker?

Fans can catch a glimpse of the players vying for those positions on Saturday, when purple and white collide in the Spring Football Game.

What head coach Bill Snyder said he is looking for is consistency, and the players who have been consistent and prove themselves to be the best asset on the depth chart at spring practices could get the starting nods next fall.

"Right now, I don't think we have the consistency to be a top five football team," he said. "But, that is why you practice."

Spring practices and scrimmages give players the chance to shine, and the standouts could find themselves in good position on the depth charts for fall practices, Snyder said.

"A good spring game has moved a player from No. 2 to No. 1," he said. "But, we look at a lot more than just a spring game. The depth chart can change every practice day."

Snyder said there have been some pleasant surprises already this spring. Brandon Archer has caught his attention at the left-side linebacker position and John Doty has stood out at offensive tackle. While his backfield is taken care of, with Darren Sproles at tailback, Snyder also said Ayo Saba has run the ball with a tremendous amount of aggressiveness against K-State's best defense on the field.

The Spring Game kicks off at 1 p.m., Saturday at Wagnor Field. Soldiers and families can gain free admission by going through Gate B on the west side of the stadium and presenting their military ID card. Seating will be reserved in Section 3, and they will be invited onto the field for a special halftime presentation.



# Many community service opportunities available for soldiers

By Michael Watson  
Staff writer

Many community service opportunities are available on post, and one soldier said volunteering is as easy as reading a book.

One activity that Command Sgt. Maj. Kenneth Fyffe, Command Sgt. Maj., United States Army Garrison, said he makes time for is reading to children at

the Child Development Center.

"A majority of those children have a deployed mom or dad, and the parent left at home has very little or no time to read to the child," he said. "So they get joy in having a soldier read to them, and all it takes is 30 minutes to read five books."

He said the children love to be read to, and by the end of the book, they would practically be sitting on the soldier's lap, reading along.

Anyone can sign up to read at the center by calling Child and Youth Services, 239-9173. Fyffe said more volunteers are always appreciated.

"We also have soldiers volunteering to mow lawns for spouses with soldiers who have deployed," Fyffe said. "Those efforts make life a little easier on the families, and are appreciated."

"There are also soldiers who have volunteered for the House Watch efforts. When people are

going to leave their home for more than 30 days, they need someone to watch their house. We are still looking for volunteers for the House Watch program."

Soldiers interested in volunteering can call the Garrison Command Sergeant Major's office, 239-3744, or Betsy Young at the Soldier and Family Support Center, 239-6435.

Other activities are offered through Army Community Service, the Directorate of Commu-

nity Activities and Better Opportunities for Single Soldiers.

To find an activity, call ACS, 239-9435, DCA, 239-3467 or BOSS, 239-8147.

"Some soldiers suffer from Barracks Rat Syndrome," said Spec. Jason Dunlap, BOSS president. "They get to Fort Riley and think there is nothing to do."

However, he said, "There is plenty that can be done to help the community. Soldiers just need to know what opportunities are out

there."

Dunlap said the opportunities range from building homes through Habitat for Humanity to visiting patients at the Veterans Hospital in Topeka. On post, organizations like the Teen Center need coaches, tutors and event chaperones.

"There are many opportunities on post, and (soldiers) can probably find a volunteer activity that will suit them," he said.

## CPAC finishes first at blood drive

By Michael Watson  
Staff writer

Fort Riley finished its second quarter blood drive, and the traveling trophy now belongs to the Civilian Personnel Advisory Center.

Sgt. Maj. Larry Adams, installation blood donor coordinator, said the big push to get civilians to donate paid off last quarter, and CPAC had the highest percentage of blood donations on Feb. 18 and 19.

"Soldiers have been deployed to areas that have prevented them from donating blood," he said. "Soldiers who have been to Europe cannot donate because we do not want them to contaminate the blood supply with Mad Cow Disease or Foot and Mouth Disease."

"Right now, civilians are a more qualified population, so we are encouraging more of them to give blood."

The goal for this blood drive was to collect 100 units. That goal was exceeded, thanks to CPAC's contribution, and a total of 117 units were collected during the drive.

Next quarter's blood drive, May 20-21, will also target civilians, because there was such a good response at the last blood drive. However, soldiers would also be recruited through their commanders and other outlets, said Adams.

The goal for the next quarter will be the same as the first two, 100 units of blood, at one unit per person, he said.

## Self-Help teams make difference

Did you know that every unit, company, battery or troop, is required to have a noncommissioned officer and three school-trained members on their Self-Help team?

These teams are an essential part of the installation's facility maintenance team. They free the Public Works employees to work on those repairs that only they can do.

The Public Works Self-Help School can help units establish a good Self-Help Program. The course is scheduled every month and the next is scheduled to start on May 5.

Classes are also scheduled for June 16 and July 21. For more

information, visit the PW web site on the Intranet or call 239-3757. The course is taught in conjunction with Barton Community College and provides soldiers the opportunity to obtain advanced education credits.

The Self-Help course also incorporates the Installation Energy Conservation class, which is taught on Thursday afternoon, 1 p.m., the week of the Self-Help Class. You do not have to attend the Self-Help class to come to the Energy Conservation class. This class is mandatory for Energy Awareness Officers/NCOs.

To enroll a soldier, the unit needs to submit a request for an on-post school space to the Self-

Help School. The school is located on Main Post, the upper floor of building 307 at the corner of Holbrook and Carter Ave. The On-Post School Request can also be faxed to 239-8188, ATTN: Self-Help School.

The hours of operation for the school are Monday - Friday, 7:30 a.m. - 4 p.m., however, the Self-Help Class itself runs from 9 a.m. - 4 p.m. The school is closed on Federal holidays and training holidays.

If you need to pick-up Self-Help supplies, the Troop Self-Help Store, building 372, is open Monday - Friday, 7:30 a.m. - 4 p.m. The store is closed on all Federal holidays.

## Girl Scout registration, dance Thursday

The Fort Riley Girl Scouts will be holding a Spring Dance/Registration for scout year 2003-2004 on Thursday, 6 - 7 p.m., at Rally Point. The cost of registration is \$10. If girls are currently with a troop, they will fill out the registration form and pay the \$10 fee to their troop leader. The troop leader will give them a pass to enter the dance. Dance, have fun and get to know other Girl Scouts. For more information, call 210-1208.

## Barlow Theater

### Tonight:

7 p.m.  
Tears of the Sun (R)

### Saturday:

4:30 p.m.  
Agent Cody Banks (PG)  
7 p.m.  
Willard (PG-13)

### Sunday:

4:30 p.m.  
Agent Cody Banks (PG)  
7 p.m.  
Tears of the Sun (R)

### Thursday:

7 p.m.  
Willard (PG-13)

**Ticket prices:**  
Adults - \$3  
Children - \$1.50

HOUSE ADS  
6 x 12.5"  
Black Only  
AUSA-- IF POSSIBLE

Cyan Magenta Yellow Black

U.S. ARMY RESERVES- ARMED FORC  
6 x 21.25"  
Black Only  
Strapper/4-11 & 4-25